



**TRURO COUNCIL ON AGING  
SEPTEMBER 2015  
NEWSLETTER**

**7 Standish Way, N. Truro**

**508-487-2462**

**www.truro-ma.gov/coa**

**HOURS: 8:00 am - 4:00 pm MONDAY - FRIDAY**

**MISSION STATEMENT**

**The mission of the Truro Council on Aging is to identify the needs and interests of the community's elderly; to educate the community and enlist support and participation of all citizens concerning these needs and interests; to design, promote, and carry out programs; and to coordinate existing services within our community.**

**Donna Mahan, Glass Artist and Sculptor**

**Artist Demonstration**

**Tues. September 15, 1:30-3pm**

A local artist of North Truro will discuss and demonstrate how she gives objects often discarded a new life through her amazing imagination and creativity.

Many people think of her art as "stained glass" which she does use similar techniques with copper foil and solder. This is known as the Tiffany method. Donna will introduce you to how she has expanded on this method.

After working in numerous art mediums, her love of glass brought her creativity to a whole artistic expression. She blends wonderful colors and textures through treasures such as depression glass, pottery shards, beach glass, weathered shells, vintage china and rusty metal parts.

You can find her art exhibited at Truro Council on Aging for the month of September.



**Alzheimer's Family Support Center**

*Created by caregivers for caregivers*

**Home Safety Training for Caregivers of People Alzheimer's and Dementia**

**Taught by Fran Lavin, RN**

This free 1 1/2 hour course will provide the basics of home safety for caregivers of people with Alzheimer's or dementia-related illness. The course will include a brief overview of the stages of cognitive disease, and specific instructions for how to avoid injury and harm at all stages of the disease progression. Information will be tailored to meet the specific caregiving needs of each class participant, with much attention given to answering questions, problem solving, and strategizing.

**Fran Lavin** (RN, Dementia Specialist) has been working in the dementia care field on Cape Cod for more than 30 years. Ms. Lavin created the first long-term and assisted living dementia-specific units on Cape Cod, and continues to work one-on-one with families navigating the complex world of dementia-related illness.

**Tuesday, September 8, 12-1:30, COA**



**SENTIMENTAL  
JOURNEY SWING BAND**

**WILL PERFORM ON**

**TUESDAY, SEPTEMBER 29th at 1:15**

**Please join us for a delicious lunch  
and music from days gone by.....**



### BEREAVEMENT SUPPORT GROUP

The VNA Hospice Bereavement Support Program is for people who are coping with the loss of a spouse or partner. The group will be held on **Wednesday, September 9, from 1:00-2:30 pm** and once a month thereafter at the Truro COA. You do not have to attend every time. There is no charge for this group. Pre-registration is required. For more information and to register please call Nancy Higgins, LICSW, VNA Hospice Bereavement Coordinator at 800-631-3900 x7715 or 508-957-7715.



**Truro Author Judy Dutra**  
**will talk about fishing, her writing and read from her work**  
**on**  
**Tuesday, September 22 at 1:30 pm in the COA Activities**  
**Room**

Judith Jahnig Dutra is a retired R. N. who has worked in Provincetown and Truro for over 40 years. She wrote a federally funded grant: *The Truro Aquaculture Project* and worked as a community coordinator for *The Health Project*. She has written magazine articles, short stories and poems.

She is the author of two self-published books.

***Nautical Twilight*** is a memoir that follows her family's involvement in the fishing industry from 1970 through the present. The book examines the fishermen's life-style, explains government regulation and answers the question, where have all the fishing boats gone?

***The Fishermen's Ball*** is historic fiction, a mystery novel set in Provincetown in 1938. While it's citizens are planning a dance to raise funds for the victims of the September 21 hurricane, murder and intrigue are germinating in the seaside town.

[www.nauticaltwilightjddutra.blogspot.com](http://www.nauticaltwilightjddutra.blogspot.com) Or Google her web page: [provincetownfishwife.com](http://provincetownfishwife.com)

### **Volunteers Wanted for the Highland House Museum**

We are looking for volunteers to greet visitors at Truro's Highland House Museum. Come join a fun bunch of people working to share the rich history of Truro with visitors and locals alike. Museum shifts are 10:00 am- 1:30 pm or 1:30 pm-4:00 pm. No experience necessary, we'll train! For more information call Jim Summers, 508-487-3397.

### **WOMEN'S REFLECTIONS**

Come to explore or discover your own path, direction, and purpose through spirituality. Spirituality is found through different forms of expressions. A walk in the woods, music, conversation, readings, kindnesses, meditation, gardening, even doing the dishes. This, would be an opportunity to share your own sacred journey, a time to be quiet, reflect, listen and learn from other's experience of their own practice. Together we will discover new paths.

Join us on Tuesday evenings, 6:30 pm at the Council on Aging and bring a friend! For more information please call Carol Bishop, 508-487-0014.

**ALZHEIMER'S FAMILY SUPPORT CENTER NEWS****SUPPORT GROUPS AT SEASHORE POINT IN PROVINCETOWN**

Caregivers Support Group (Caregivers need not be living with care recipients in order to attend). Will meet the second and fourth Thursdays of the month 2:00 pm to 3:30 pm.

Support Group for Early Stage Alzheimer's or Mild Cognitive Impairment (MCI) will meet the second Thursday of the month, 10:30 am to 12:00 pm.

These groups are being offered through the Alzheimer's Family Support Center of Cape Cod, providing free services and support to families dealing with AD and dementia. For more information please call 508-737-9452. If your need for help is immediate, please call 508-737-7934.

**EXERCISE AT TRURO COA-NOW THERE ARE MORE CLASSES THAN EVER!****STRENGTH TRAINING**

MEETS MON-WED-FRI 9-10 AM

INDEPENDENT GROUP WITH TWICE A MONTH VISITS FROM INSTRUCTOR

INCLUDES WARM-UP, SEATED AND STANDING STRENGTH WORK WITH WEIGHTS AND ELASTIC BANDS, STRETCHING

**CORE CONDITIONING**

MEETS THURSDAYS 11-12

BLEND OF STANDING, SITTING AND FLOORWORK

INCLUDES BALANCE, POSTURE, CORE STRENGTH AND YOGA-INSPIRED STRETCHING WITH MUSIC

**PACE (PEOPLE WITH ARTHRITIS CAN EXERCISE)**

MEETS THURSDAYS 12:30-1:30

GENTLE RANGE OF MOTION AND STRETCHING, COUPLED WITH ARTHRITIS EDUCATION. PRIMARILY CHAIR EXERCISE WITH A BRIEF, OPTIONAL STANDING SEGMENT

**\*\*NEW\*\* MEN'S WORKOUT**

MEETS TUESDAYS 10:45-11:45

STRENGTH, FLEXIBILITY, AGILITY AND SKILL SPECIFIC TRAINING GEARED TO THE UNIQUE NEEDS OF MEN

**COMING IN OCTOBER-**

OSTEOPOROSIS PRESENTATION- LEARN THE LATEST ABOUT TREATMENT, PREVENTION AND HOW EXERCISE CAN HELP. DATE TO BE ANNOUNCED.

FOR MORE INFORMATION, CONTACT ME, KATHY STETSON, AT 508-397-5324 OR E-MAIL AT [kathystetson@verizon.net](mailto:kathystetson@verizon.net)

I am a licensed physical therapist as well as a certified exercise physiologist. My teaching approach emphasizes safe, effective and fun fitness for older adults. I have practiced in health care and community health and fitness for 19 years.

Try a class with me at COA soon; I look forward to meeting you!

**SHINE NEWS....****Open Enrollment is just around the corner so don't delay!**

Medicare's Part C (Medicare Advantage Plan) and Part D (Prescription Drug Plan) Annual Open Enrollment (**October 15 – December 7**) will be here before you know it and it is very important to review your Medicare options during this period. You will receive a notice from your Prescription Drug or Medicare Advantage (HMO, PPO) Plan in September. **Make sure you read this notice-** it will explain the changes (premiums, copays, tiers) to your plan for 2016.

During the Annual Open Enrollment (**October 15 - December 7**), you will have a chance to **CHANGE** your plan. This change takes effect January 1, 2016. SHINE Counselors can help you understand your plan's changes, screen you for assistance programs and discuss other options you may have. If you do not change your plan during this period you may have to stay with your existing plan for another whole year. (Note: the open enrollment may not affect those with retiree coverage).

**DO NOT WAIT UNTIL IT'S TOO LATE- Appointments fill up fast!** Call the senior center and make an appointment with a SHINE counselor for this year's open enrollment.

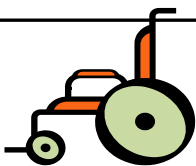
**Tai Chi & Chi Kung Classes at the COA**

This class combines the slow movements of Tai Chi and Chi Kung for the benefit of mental, physical balance and general well being, with an emphasis on "mindfulness"-remaining focused in the here and now. The health benefits of focused slow movement have been amply demonstrated by recent medical research. The instructor, Geof Karlson, has been teaching yoga, Tai Chi, Chi Kung, and meditation for seven years on Cape Cod.

**Wednesday mornings 8:30 am—9:30 am    \$5.00 per class**

**MEN'S WORKOUT CONTINUES**

The Men's Workout program will continue to meet weekly, on Tuesdays from 10:45 to 11:45. This free class is a blend of strength, flexibility, agility and balance geared specifically to the needs of men. If you are interested or have more questions, please call instructor Kathy Stetson at 508-397-5324, or e-mail at [kathystetson@verizon.net](mailto:kathystetson@verizon.net).

**Medical Equipment Loan Closet**

Because of space limitations and other guidelines, we are not accepting donated medical equipment at the COA. To borrow an item from our inventory please call ahead to ensure we have what you need. Thank you.



## MYSTERY BOOK CLUB Meets on FRIDAYS at 12:30 pm

September 11th "The Bone Collector" by Jeffrey Deaver

October 9th "The Chatham School" by Thomas H. Cook

Please feel free to join our Mystery Book Club in the Activities Room of the COA. The books are available at the Truro Public Library. For more information please call Joan Rogers, 508-487-9196.

## STORY SWAP

We are fortunate to have our very own Master Storyteller, Dan Lynch, come to the Truro COA to listen and tell stories!! It's a spirited gathering where you will hear folktales and legends, along with the most fascinating and entertaining personal stories told by our attendees! Listen or tell a personal story for the group!!

Please note the change of day! Wednesday, September 16 at 11:00 am, COA

\*\*The Third Wednesday of the Month at 11:00 am, Truro COA



## LET'S PLAY SCRABBLE and BRIDGE

Come and play **SCRABBLE** with your friends on **Tuesday afternoons at 1:30 pm.**

**BRIDGE** will meet at **1:30 pm on Wednesday afternoons.**

## Are you interested in playing MAHJONGG?

Please join us in the Conference Room at the COA every

**THURSDAY from 1:00 pm to 4:00 pm**

PLEASE JOIN US FOR COFFEE AND CONVERSATION  
AT THE COA

WEDNESDAYS 10:00 am

Free coffee and treats

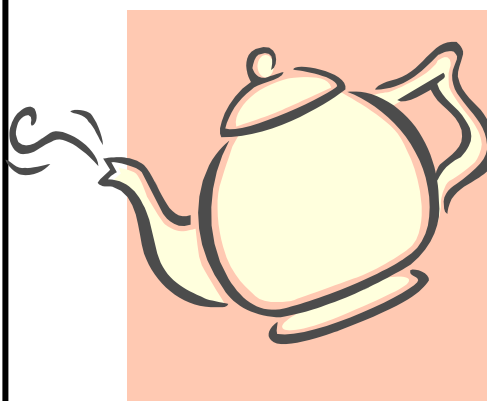


TEA IS SERVED!!

COME AND JOIN US ON THURSDAYS

AT

1:30 pm in the Activities Room



## In Memoriam

FREDERICK SCHEIDLER

**MEDICARE OPEN ENROLLMENT:**

MEDICARE OPEN ENROLLMENT - Medicare Beneficiaries DON'T DELAY..... Once again it is time to review your Medicare health and prescription coverage. Medicare's Annual Open Enrollment runs from October 15th - December 7th . During this time you can enroll, dis-enroll, or switch your Medicare Part D Prescription Drug Plan or Medicare Advantage Plan (HMO, PPO). Elton Cutler, Certified SHINE Counselor is available to discuss the plans available . Medicare Drug Plan Pre-Enrollment Forms are required at the time of your appointment. Call (508) 487-2462 to schedule an appointment.

***Here is a subject nobody wants to talk about, but everybody should know about: ELDER***

***ABUSE.*** Do you know what to do if a friend, neighbor or relative is being abused, neglected, or exploited? Or what to do if they become self-neglecting? First, let's define the types of abuse:

**What is physical abuse?** Physical abuse is the non-accidental infliction of serious injuries, such as fractures, bruises, cuts, or burns. These injuries may be caused by use of a weapon, pushing, grabbing, or by physically restraining an elder.

**What is emotional abuse?** Emotional abuse is any deliberate use of language or behavior against an elder which causes severe anxiety, fear, depression, or other extreme emotional reaction. Emotional abuse can be caused by threats, isolation, insults, or intimidation of an elder.

**What is neglect?** Neglect is the failure or refusal of a caretaker to provide the necessities essential for physical well-being, such as food, shelter, clothing, personal care, or medical care. A caretaker is a person who has assumed the responsibility of ensuring that an elder receives the care that he/she needs. This person may be a family member or anyone with a fiduciary or contractual relationship with the elder.

**What is financial exploitation?** Financial exploitation is the substantial monetary or property loss to an elderly person caused by fraud, duress, trickery, deceit, or by threat of force.

**What is self-neglect?** Self-neglecting elders are individuals who are unable to meet their essential needs for food, clothing, safe and secure shelter, personal care, supervision, and medical care, due to mental or physical impairments, substance abuse, cultural or linguistic barriers, and who are unable to remain safely in the community without assistance.

**Who should report Elder Abuse?** Anyone who has reasonable cause to believe that an elder has been abused or is self-neglecting should report it. Some professionals are mandated by law to report elder abuse and self-neglect including physicians, nurses, social workers, police officers, firefighters/EMTs, and home health aides. Anyone who reports alleged abuse in good faith shall not be liable in any civil or criminal action. The identity of the reporter is kept confidential.

**What happens after a report is made?** A Protective Services caseworker will conduct an assessment to determine if abuse, neglect, financial exploitation, or self-neglect has occurred. If confirmed, the caseworker will coordinate the services necessary to alleviate the harm. Services may include referrals for medical care, in-home assistance, or legal resources. Certain situations may require police or district attorney intervention as well. Services may only be provided in accordance with the elder's wishes unless the elder lacks the capacity to consent.

**Report Elder Abuse? Call 1- 800-244-4630 from 9AM to 5PM on weekdays or Call 1- 800-922-2275 (Press option 4) at all other times.**

## 2015 Events at the Truro Meeting House



September 3, Thursday, 6:30 PM, **Terry Keane, *Combat Trauma from the Trojan Wars to Iraq***

The talk will provide the historical context for recent advances in our understanding and treatment of combat related psychological injuries. Dr. Terence Keane, a long-term Truro resident, is Director of the National Center for Posttraumatic Stress Disorder at VA Boston and Boston University. For nearly four decades he's focused his academic scholarship and scientific research on the impact of war on the American men and women who fight on behalf of us all.

September 16, Wednesday, 6:30 PM: **Castle Hill – Mark Doty Reading.** Back for a second Castle Hill sponsored Meeting House event, Mark Doty, winner of the National Book Award for Poetry, will be reading from his work which often has local appeal and universal relevance.

September 19, Saturday, 5 or 5:30 PM: **Truro Reads Truro (Truro Treasures)**



**WHITE LINE BLOCK PRINT OPEN  
STUDIO  
WILL BEGIN ON  
FRIDAY, SEPTEMBER 4TH-25TH  
1:30-3:30**

White-Line Block prints were developed in Provincetown by B.J.O. Nordfeldt in 1916 and became known as the Provincetown Print. The whole image is drawn on and printed from one woodblock rather than a series of blocks for each color change. The popular method was practiced by many other artists through the years and continues to be popular today.

**Join Pat Canavari and Joan Rogers at the Truro COA and bring a new project**

## VETERAN'S DAY 2015

The Truro Council on Aging will be sponsoring an exhibit here in the art gallery of photos and narratives of veterans with a Truro connection. The exhibit will be on display during the month of November. There will be a Veteran's Day ceremony on November 11, 2015 at 11AM. If you would like to participate, please contact Margie Childs at 508-487-2462 ext 20.



We will make copies of your photos and return the originals to you. This display is open to Truro residents, their family members and Truro town employees.



# COA CAFE

**TUESDAY 12:30 PM \$7.50**

**September 1st**

Ham and Baked Beans

Potato Salad

Apple Crisp

**September 8th**

Lemony Baked Cod Piccata

Orzo, tomato and Spinach Salad

**September 15th**

Lemon Parsley Hummus with Crostini

Classic Cob Salad with Chicken, Avocado and Bacon

Homemade Blue Cheese Dressing

**September 22nd**

Last of Season

Classic BBQ with Burgers, Hot Dogs, Potato Salad all the fix-  
ins' Frozen Treats

**September 29th**

Ginger Sesame Salmon with a Lime Curry Sauce

Thai Noodle Salad





# SEPTEMBER



# 2015

Mon	Tue	Wed	Thu	Fri
	<b>1</b> <b>COA Café 12:30</b>  <b>Men's Exercise Class 10:45</b>  <b>Women's Reflections 6:30</b>	<b>2</b> <b>Tai Chi 8:30</b> Strength Training 9:00-10:00 Coffee Hour 10:00 Weight Loss 10:00 Bridge 1:30	<b>3</b> <b>CORE 11-12:00</b> PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30	<b>4</b> <b>Strength Training 9:00-10:00</b>  <b>White Line Class 1:30-3:30</b>
<b>7</b>  <b>LABOR DAY</b>  <b>COA CLOSED</b>	<b>8</b> <b>COA CAFÉ 12:30</b>  <b>Men's Exercise Class 10:45-CANCELLED</b>  <b>Home Safety Training 1:30</b>  <b>Women's Reflections 6:30</b>	<b>9</b> <b>Tai Chi 8:30</b> Strength Training 9:00-10:00 Coffee Hour 10:00 Weight Loss 10:00 <b>Bereavement 1-2:30</b> Legal Assistance (by appointment) Bridge 1:30	<b>10</b> <b>CORE 11-12:00</b> PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30	<b>11</b> <b>Strength Training 9:00-10:00</b>  Mystery Book Club 12:30  <b>White Line Class 1:30-3:30</b>
<b>14</b> <b>Strength Training 9:00-10:00</b>  Memoirs Writing Group 10:30	<b>15</b> <b>COA CAFE 12:30</b> <b>Men's Exercise Class 10:45</b> <b>Artist Donna Mahan Demo 1:30</b>  <b>Women's Reflections 6:30</b>	<b>16</b> <b>Tai Chi 8:30</b> Strength Training 9:00-10:00 w/Kathy Stetson Coffee Hour 10:00 Weight Loss 10:00 Story Swap 11:00 Bridge 1:30	<b>17</b> <b>CORE 11-12:00 CANCELLED</b> <b>PACE 12:30-1:30 CANCELLED</b>  Mahjongg 1:00-4 Tea Time 1:30	<b>18</b> <b>Strength Training 9:00-10:00</b> Dr. Campo, Podiatrist (by appointment) Shopping Trip 9:00 <b>White Line Class 1:30-3:30</b>
<b>21</b> <b>Strength Training 9:00-10:00</b>  Memoirs Writing Group 10:30	<b>22</b> <b>COA CAFÉ 12:30</b> <b>Men's Exercise Class 10:45</b> <b>Author Judy Dutra Book Signing 1:30</b>  <b>Women's Reflections 6:30</b>	<b>23</b> <b>Tai Chi 8:30</b> Strength Training 9:00-10 Weight Loss 10:00 Coffee Hour 10:00 Bridge 1:30	<b>24</b> <b>CORE 11-12:00</b> PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30	<b>25</b> <b>Strength Training 9:00-10:00</b>  <b>White Line Class 1:30-3:30</b>
<b>28</b> <b>Strength Training 9:00-10:00</b>  Memoirs Writing Group 10:30	<b>29</b> <b>COA CAFÉ 12:30</b> <b>Sentimental Journey 1:15 -2:15</b>  <b>Men's Exercise Class 10:45</b> <b>Women's Reflections 6:30</b>	<b>30</b> <b>Tai Chi 8:30</b> Strength Training 9:00-10 w/Kathy Stetson Weight Loss 10:00 Coffee Hour 10:00 Bridge 1:30		Donna Mahan Art Gallery Opening Sunday, September 6, 2-4:00 pm

**COA GALLERY**

**Art Opening Sunday, September 6, 2:00-4:00**

**DONNA MAHAN FINE GLASS ARTIST AND SCULPTOR**

The way my mind creates with the materials I have collected adds to the magical art that comes from my studio in North Truro. Combining textures of brilliant transparent glass, metals, and beach treasures allow me to take discarded items and give them a new life. The technique of using copper foil and solder creates a strong structure, at the same time a fluid movement evolves into a three –dimensional art form.

Besides showing my art in local galleries, I also work closely with customers who commission me to create a personal piece of art. I encourage them to consider my incorporating “special treasures” of theirs, resulting in an irreplaceable piece of art.

The Truro Council on Aging van transportation services are for Truro residents age 59 and older. Van service is partially funded by an Older Americans Act Title III Grant from Elder Services of Cape Cod & the Islands. Fees are not required for this service, but voluntary contributions to help defray vehicle costs to the town are appreciated. We strive to accommodate the most riders in an efficient manner.

### **LET'S GO SHOPPING!**

We are offering a trip to Hyannis for shopping on Friday, September 18th. The bus will leave the COA at 9AM. Trader Joe's, Kmart, or wherever you need to go! There is a \$5.00 bus fee for this trip. See Margie in transportation to pay and reserve your seat! For more information call 508-487-2462 x 20.



We have established a lending library here at the COA. We have both paperback and hard cover books arranged on our shelves alphabetically by author. No need to worry about return dates and overdue book fines! Stop in and pick out a book or two. We are accepting books to add if you are looking to clean out your bookshelves.

**WE NEED THE FOLLOWING INFORMATION**

**WHEN REQUESTING A RIDE FROM THE COA:**

**MEDICAL FACILITY NAME**

**MEDICAL FACILITY ADDRESS**

**MEDICAL FACILITY PHONE  
NUMBER**

**ESTIMATED DURATION OF AP-  
POINTMENT**

\*\*\*\*\*

**YOU MUST HAVE A COMPANION AC-  
COMPANY YOU IF HAVING A PROCE-  
DURE**

\*\*\*\*\*

**REMEMBER**

**WE MUST HAVE**

**AT LEAST 24 HOURS' NOTICE TO  
SCHEDULE TRANSPORTATION**

**TRURO COUNCIL ON AG-  
ING**

**P. O. BOX 500**

**TRURO, MA 02666**

BULK RATE

U.S.

POSTAGE

PROVINCETOWN, MA

02657

PERMIT #1

CURRENT RESIDENT OR

**FRIENDS OF THE TRURO COUNCIL ON AGING MEMBERS**

Diane Rose, President; , Bill Worthington, Vice President; Girard Smith, Treasurer; Joan Moriarty, Secretary; Board Members: Stephen Currier, Lucie Grozier, Martha Ingram, Brian Trainor.

**Council on Aging Officers:** Bonnie Sollog, Chair; , Cathy Staff, Vice Chair; Girard Smith, Treasurer; Beth O'Rourke, Secretary, Alternate. Board Members: John Thornley,, Stephen Royka, Joan Holt, Martha Ingram, Joan Moriarty, Bernard Robbins, Claudia Tuckey, Hannah Shrand. **Staff:** Susan Travers, Director; Margie Childs, Assistant to the Director and Transportation Coordinator; Elton Cutler, Outreach and Resource Coordinator; Mary Ellen Duart, Office Assistant; James Paul Ludwig, Web Master; and Nancy Braun, Jim Downey, Dennis Guiney, David Peterman, Chuck Zimmer, & Rich Tuden, Van Drivers.

***Funding for this newsletter is provided by the Massachusetts Executive Office of Elder Affairs, and the Friends of the Truro Council on Aging. Thank you! And thanks to our newsletter helpers for their invaluable help with the bulk mailing.***